

## Fitness & Dance

### Adult Kickball League

(Ages: 18 to Adult) We're bringing the fun - KICKBALL IS HERE! Gather your friends or neighbors to form a team and participate in this new exciting league. Registration is taken by team entry only. In addition to acting like a grade-schooler again, teams will get a Team ball, up to 12 Team shirts and be invited to the league playoff to round out the season. Teams will play at least 6 regular season games, plus play in a single elimination seeded playoff at the end of the season. All that's left is coming up with a great team name and figuring out which of your closest friends you want to do battle with! Games played on Saturday.

**1520.412** Sa, 10-Apr to 29-May 9:00 AM - 1:00 PM  
Snowden Baseball Fields \$125 per Team  
Registration Begins: 1/5 City 1/12 Non-City  
Deadline: 4/2 \$175 per team after 4/2

**If you do not have a team, but would be interested in playing, call 372-1086, ext. 204 and we will make your name available to teams looking for players.**

### Adult Dodgeball League

(Ages: 18 to Adult)  
Dodge, duck, dip, dive and dodge! The goal is to have fun! If you are looking for an extremely competitive sport, or want to take your daily frustrations out on someone, our leagues may not be for you. Teams consist of 6-10 players and are open to both men and women.

**1820.600** Su, 17-Jan to 28-Feb 6:00 PM - 9:00 PM  
Community Center \$125 per Team  
Registration Begins: 1/5 City 1/12 Non-City  
Deadline to Register: 1/8 \$175 per team after 1/8

### Women's Volleyball

(Ages: 18 to Adult) Our recreational league is designed for those seeking exercise, skill development, and FUN — not high level competition. All games will be self-officiated. Accepting team registrations only. There will be an 8 team limit to the league. All rosters and fees will be due upon registration. Deadline to register is March 12.

**1820.300** Th, 25-Mar to 27-May 6:00 PM - 9:00 PM  
Walker Grant Gym \$125 per Team  
Registration Begins: 1/5 City 1/12 Non-City  
Deadline 3/12 \$175 per Team after 3/12

## ADULT SPORTS & SOCIAL LEAGUES

Fredericksburg Parks and Recreation offers a wide variety of sports leagues for adults to compete in. Teams interested in participating in any league must complete a registration packet, fill out a team questionnaire, and pay all franchise fees associated with the league. We are currently taking team registrations for Co-Ed Dodgeball and Kickball.

We also offer:

**FALL:** Co-Ed Ultimate Frisbee and Co-Ed + Women's Volleyball

**WINTER:** Co-Ed Dodgeball

**SPRING:** Co-Ed Kickball, Women's Volleyball and Co-Ed Flag Football.

Call Jason at 540-372-1086 ext. 204 for more information! Register early - adult sport leagues fill quickly!

**NEW!**



# GROUP FITNESS PUNCH CARD PROGRAM



(Ages: 15 yrs and older)

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our schedule of classes to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in class description. Classes held at the Dorothy Hart Community Center. Please call for questions prior to attending your first class.

## GROUP FITNESS PUNCH CARD FEE SCHEDULE:

*Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.*

**30 Day Pass (Unlimited Classes)** \$40 City, \$45 Non City Resident  
**Flex Punch Card: 12 punches** \$35 City, \$40 Non City Resident  
**8 punches** \$30 City, \$35 Non City Resident  
**Drop in Fees:** \$5

## Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience.

**\*Use with punch card - 1 punch**

**M, W 6:00pm - 6:50pm**  
**Instructor: Pam Wrobel, ACE & CPR cert.**

## Beginner Pilates

Pilates is for all ages and genders! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs), helps to realign the spine, and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility.

**\*Use with punch card - 1 punch**

**M, W 12:30pm - 1:20pm**  
**F 11:30am - 12:30pm**  
**Instructor: Cheri Bryan, CPFI certified**

## Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule.

**\*Use with punch card - 1 punch**

**T, TH 6:30pm - 7:20pm** **Instructor: Tammy Esteppe, ACE & CPR certified**

## Strength & Stretch for Active Older Adults

This unique strength-training program is specifically geared toward the Active Older Adult. This class utilizes weights, combined with isometric training and stretching. Strength training can greatly improve one's quality of life at any age. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout!

**\*Use with punch card - 1 punch**

**T, TH 1:00pm - 1:50pm** **Instructor: Theresa Powel**

## Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape.

**\*Use with punch card - 1 punch**

**M, W, F 8:10am - 9:00am** **Instructor: Pam Wrobel, ACE & CPR cert.**

## Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries & 500-700 calories. It is based on the principle that a workout should be "FUN AND EASY TO DO" in order for Zumba participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but is also great for the mind. It is a "feel-happy" workout, but be prepared to sweat! Ditch the work out, join the party!



**2010.407** W, 6-Jan to 10-Feb 6:00 PM - 7:00 PM  
**2010.408** W, 24-Feb to 31-Mar 6:00 PM - 7:00 PM  
**2010.409** W, 14-Apr to 19-May 6:00 PM - 7:00 PM  
**Community Center** **Instructor: Jennifer Cleven, Zumba cert.**  
**\$30 City, \$35 Non-City Resident**  
**Drop in fee: \$8**  
**Registration Begins: 12/7 City 12/14 Non-City**



# Fitness & Dance

## Sunrise Yoga

(Ages: 18 and up) This all-encompassing yoga session will help you clarify, relax, focus, and concentrate. All levels are accommodated in this active and energizing class. This class will improve your strength, flexibility, & concentration. Bring water, yoga mat and wear comfortable clothing to experience the wonderful benefits of yoga.

**2630.211** Sat, 2-Jan to 6-Feb 9:00 AM - 10:00 AM  
**2630.211** Sat, 20-Feb to 27-Mar 9:00 AM - 10:00 AM  
**2630.211** Sat, 10-Apr to 15-May 9:00 AM - 10:00 AM  
Suite 102 (Jan-Mar) Alum Spring Park (Apr-May)  
Instructor: Bridges, Courtney  
\$30 City, \$35 Non-City Resident Drop in fee: \$8  
Registration Begins: 12/7 City 12/14 Non-City



## Adventure Boot Camp in the Park

(Ages: 16 to Adult) Fitness Boot Camp is an outdoor fitness program designed and instructed by a certified personal fitness trainer. Each class will begin with an aerobic warm-up, followed by a total body workout comprised of military and functional style resistance training and short bouts of aerobic activities. The program is suitable for all fitness levels and will be tailored to meet your individual needs. Participants will need one pair of hand weights, a mat, and water. All classes will be held at Memorial Park (Kenmore Park) located at the corner of Mary Ball and Kenmore Avenues. **\*Drop in fee is \$8 per class.**

**2010.138** T, R, 13-Apr to 20-May 6:30 PM - 7:30 PM  
Memorial (Kenmore) Park Instructor: Mersiowsky, Scott  
\$50 City, \$60 Non-City Resident  
Drop in fee: \$8 pay at the park  
Registration Begins: 1/5 City 1/12 Non-City



## ZumbAtomic

(Ages: 4 to 12yrs) Kids love to crank up the music, shake, wiggle, and have a blast with their friends. So why not get fit while they're at it! Zumbatomic is a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip hop and more!) and high-octane workouts designed to let kids max out on fun and fitness all at the same time! Safe and effective, kids can't wait to get into the Zumatonic groove. Watch their energy and fitness levels soar as they get into the groove!

### Ages 4 to 7

**2010.501** M,W 4-Jan to 10-Feb 4:00 PM - 4:30 PM  
**2010.502** M,W 22-Feb to 7-Apr 4:00 PM - 4:30 PM  
**2010.503** M,W 19-Apr to 26-May 4:00 PM - 4:30 PM

### Ages 8 to 12

**2010.601** M,W 4-Jan to 10-Feb 4:30 PM - 5:00 PM  
**2010.602** M,W 22-Feb to 7-Apr 4:30 PM - 5:00 PM  
**2010.603** M,W 19-Apr to 26-May 4:30 PM - 5:00 PM  
Suite 102 Instructor: Reyes, Carlos  
\$35 City, \$45 Non-City Resident  
Registration Begins: 12/7 City 12/14 Non-City



## Adult Beginner Tennis

(Ages: 16 to Adult) This class is for beginning tennis players who have little or no experience, or those players who have been away from the game for a bit too long. We'll walk you through the basics and get you psyched for the game of tennis. Pick up a racquet and join the fun! Make ups available May 31 and June 2.

**1730.310** M W, 10-May to 26-May 6:00 PM - 6:50 PM  
Memorial Park Tennis Courts Instructor: Canizares, Art  
\$35 City, \$45 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

## Adult Intermediate Tennis

(Ages: 16 to Adult) For those students who have completed Beginner Tennis, or those adults who have tennis experience but need some additional instruction. This class will work on game strategy and doubles play, as well as helping you to develop more strokes. Make ups available May 31 and June 2.

**1730.315** M W, 10-May to 26-May 7:00 PM - 7:50 PM  
Memorial Park Tennis Courts Instructor: Canizares, Art  
\$35 City, \$45 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

## Adult Fencing

(Ages: 17 to Adult) Our trained instructors teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At registration you may opt to rent equipment or bring your own. Take this opportunity to learn a new sport. Class size limited. Equipment fees (\$20) need to be paid to instructor at the first day of class.

**4444.204** Tu, 19-Jan to 23-Feb 6:30 PM - 7:30 PM  
**4444.205** Tu, 9-Mar to 20-Apr 7:30 PM - 8:30 PM  
Community Center Instructor: Taylor-McNally, Dan  
\$60 City, \$65 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

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### Tai Chi & Meditation

(Ages: 12 to Adult) Tai Chi is the Chinese health exercise used to cultivate a peaceful mind and healthy body. The instructor studied with Da Liu, a Master who introduced Tai Chi to this country. He studied with Da Liu for five years and has practiced since 1980. Sitting Meditation and Chi Kung Health Exercises are covered as a compliment to Tai Chi. Advanced students learn the long version of the form and Push Hands, a Tai Chi partner practice.

**2310.201** M, 25-Jan to 24-May 6:30 PM - 7:30 PM  
**2310.202** W, 27-Jan to 26-May 6:30 PM - 7:30 PM  
**2310.203** F, 29-Jan to 28-May 6:30 PM - 7:30 PM  
Suite 102, Downtown Instructor: Riley, Charles  
\$90 City, \$95 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

### Isshinryu Karate

(Ages: 8 to Adult) A super program for adults and children alike to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids — you'll both have fun, and learn something too! No class on January 18 and February 15.

#### Saturday

**2530.203** Sa, 16-Jan to 20-Feb 10:00 AM - 12:00 PM  
**2530.313** Sa, 6-Mar to 10-Apr 10:00 AM - 12:00 PM  
**2530.314** Sa, 17-Apr to 29-May 10:00 AM - 12:00 PM

#### Evening

**2530.201** M W, 11-Jan to 3-Mar 6:00 PM - 6:50 PM  
**2530.305** M W, 12-Apr to 19-May 6:00 PM - 6:50 PM  
Community Center Instructor: Morton, Mike  
\$35 City, \$45 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

**HELP SAVE  
OUR FLOORS!**

**Please wear soft-soled shoes when  
taking dance classes at  
the Community Center.**

### Beg. Swing/Jitterbug

(Ages: 14 to Adult) Why just watch "Dancing with the Stars" when you can learn some of the same steps with Leonard? Get off the couch, get your partner and get moving! Take a little time and learn a new move on the dance floor. Leonard will show you the basic patterns, turns, routines, and skills to be the best-looking couple on the floor. Take a chance and give it a try! Wear SOFT-SOLED shoes.

**3310.311** W, 6-Jan to 27-Jan 7:00 PM - 8:00 PM  
**3310.316** W, 3-Feb to 24-Feb 8:00 PM - 9:00 PM  
**3310.317** W, 10-Mar to 31-Mar 7:00 PM - 8:00 PM  
Community Center Instructor: Mara, Leonard  
\$32 City, \$43 Non-City Resident  
Registration Begins: 12/14 City 12/21 Non-City

### Intro to Ballroom

(Ages: 14 to Adult) This is an introduction to the basics of dancing, which allows the student to gain confidence in his or her ability on the dance floor. Basic step patterns include the Fox Trot, Waltz, Cha-Cha, Rhumba, Merengue, Salsa and Swing. Only a limited amount of singles will be accepted, so drop in to sign up today! SOFT-SOLED shoes are required to participate.

**3310.213** W, 6-Jan to 27-Jan 8:00 PM - 9:00 PM  
**3310.214** W, 3-Feb to 24-Feb 7:00 PM - 8:00 PM  
**3310.215** W, 10-Mar to 31-Mar 8:00 PM - 9:00 PM  
Community Center Instructor: Mara, Leonard  
\$32 City, \$43 Non-City Resident  
Registration Begins: 12/14 City 12/21 Non-City

### Round Dance

Round Dancing is a fun, social activity, where couples dance synchronously in a circle around a dance hall to cued choreographed routines. Singles and "2-left feet" people are welcome! Please wear soft-soled shoes for dancing ease.

**Meets Weekly, Mondays, 7:00pm - 9:00pm**  
**\$6 City or Non-City drop in per class**  
**Dorothy Hart Community Center**  
**Instructors: Joe Dungan**  
**Registration is ongoing. Just show up to get started.**

**It's not too late to  
Volunteer**  
at First Night Fredericksburg  
2 and 4 hour shifts available • Individuals and Families welcome

Volunteer! Only two hours! VOLUNTEER! BRING YOUR FAMILY  
Call Jason at (540) 372-1086 x204 for details!

# Fitness & Dance

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## Belly Dance Basics I w/ Anthea

(Ages: 12 to Adult) For Fun or Fitness! "Belly-robics" warm up. Introduction to Anthea's unique and effective teaching method. Basic isolations and step patterns in combinations get you dancing right away. No experience necessary.

**3722.214** Th, 14-Jan to 28-Jan 7:30 PM - 8:30 PM  
**3722.218** Th, 4-Feb to 25-Feb 7:30 PM - 8:30 PM  
**3722.334** Th, 4-Mar to 25-Mar 7:30 PM - 8:30 PM  
**3722.320** Th, 1-Apr to 22-Apr 7:30 PM - 8:30 PM  
**3722.309** Th, 6-May to 27-May 7:30 PM - 8:30 PM  
Community Center Instructor: Poole, Anthea  
Class \$37 City, \$48 Non-City Resident  
Jan. class only: \$28 City, \$39 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

## Intermediate Belly Dance

(Ages: 12 to Adult) Continue from Basics II. For the dedicated dancer, home practice required. Wonderful opportunity to study with a nationally known teacher and performer. Develop advanced technique and skills including Finger Cymbals. Enroll by instructor approval.

**3722.220** W, 13-Jan to 27-Jan 7:00 PM - 8:00 PM  
**3722.221** W, 3-Feb to 24-Feb 7:00 PM - 8:00 PM  
**3722.341** W, 3-Mar to 24-Mar 7:00 PM - 8:00 PM  
**3722.342** W, 7-Apr to 28-Apr 7:00 PM - 8:00 PM  
**3722.405** W, 5-May to 26-May 7:00 PM - 8:00 PM  
Community Center Instructor: Poole, Anthea  
Class \$39 City, \$50 Non-City Resident  
Jan. class only: \$30 City, \$41 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

## Belly Dance Basics 2 w/ Anthea

(Ages: 12 to Adult) Continue from Basics 1 for more fun or fitness! "Belly-robics" warm up. Foundation topics include: Oriental choreography; Tribal Odyssey Level 1. Enroll by instructor approval.

**3722.216** Th, 14-Jan to 28-Jan 8:30 PM - 9:30 PM  
**3722.217** Th, 4-Feb to 25-Feb 8:30 PM - 9:30 PM  
**3722.300** Th, 4-Mar to 25-Mar 8:30 PM - 9:30 PM  
**3722.345** Th, 1-Apr to 22-Apr 8:30 PM - 9:30 PM  
**3722.337** Th, 6-May to 27-May 8:30 PM - 9:30 PM  
Community Center Instructor: Poole, Anthea  
Class \$37 City, \$48 Non-City Resident  
Jan. class only: \$28 City, \$39 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

## Classes fill on a first-come, first-served basis. Don't wait...register today!

Register for all classes at the Dorothy Hart Community Center. We accept registrations in person, by mail, by fax or online.

## Advanced Belly Dance

(Ages: 12 to Adult) Continue from Intermediate. For the dedicated dancer, home practice required. Choreography, composition; in-depth music and rhythms. Enrollment by recommendation of the instructor.

**3722.227** W, 13-Jan to 27-Jan 8:00 PM - 9:00 PM  
**3722.228** W, 3-Feb to 24-Feb 8:00 PM - 9:00 PM  
**3722.346** W, 3-Mar to 24-Mar 8:00 PM - 9:00 PM  
**3722.347** W, 7-Apr to 28-Apr 8:00 PM - 9:00 PM  
**3722.348** W, 5-May to 26-May 8:00 PM - 9:00 PM  
Community Center Instructor: Poole, Anthea  
Class \$39 City, \$50 Non-City Resident  
Jan. class only: \$30 City, \$41 Non-City Resident  
Registration Begins: 1/5 City 1/12 Non-City

## Beginners Low Impact Line Dance Class

(Ages: 16 to Adult) Yes, you can line dance! Basic line dance steps are taught through low impact line dances and beginner moderate line dances. No partner is necessary! A wide variety of music is used, such as: Country, Ballroom, Latin, and Swing. Step variations taught when needed. Wear light comfortable clothes and tennis shoes.

### DROP-IN ANYTIME!

Fridays beginning Sep 4

12:00pm - 1:00pm Beginners Low Impact

1:00pm - 3:00pm - Moderate & High Impact

\$4 City or Non-City Resident drop in per class

Call for location

Instructor: Linda Conlin

Register on a weekly basis.

## Moderate/Advanced Line Dance for Active Dancers

(Ages: 16 to Adult) Welcome former line dancers and active exercisers! At 1 pm, we turn up the beat in the music and add multiple turns to our line dances. At approximately 2:15 pm even more fun and complex dance patterns are introduced. Come exercise with fellow line dancers and enjoy some of your favorite music. We teach and dance new top 10 dances as well as the favorite oldies! All dances are reviewed and called as needed. Optional line dance warm up time or brush up on steps from 12 to 1 with the beginner low impact class.

### DROP-IN ANYTIME!

Fridays beginning January 8

1:00pm - 3:00pm

\$4 City or Non-City drop in per class

Call for location

Instructor: Linda Conlin

Register on a weekly basis.